

# Intervals...

## Newsletter for Members of twenty-six two marathon club

August 2009

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### Dear Paul,

Twenty-Six Two Marathon Club is working to bring helpful information and tips to its members, like you. This is the seventh issue of "Intervals" for 2009. If you have suggestions for newsletter topics, or if you would like to offer information to your fellow club members, please contact your club at [tstmarathonclub@gmail.com](mailto:tstmarathonclub@gmail.com).

### New TST Coach

We would like to welcome the additional of a new coach to the TST coaching staff! Adrienne Oujezdksy will help train the new class of first timers beginning in August.

### New First Timers

We have a new class of first time marathon trainees. Please welcome them at our Tuesday evening workouts and Saturday morning long runs. They will begin training on August 29th.

Lauren Anzalone  
Susie Duarte  
Laura Duenas  
Sylvia Govea  
Caroline Hallman  
Joann Hernandez  
Chari Kelly  
Dawn Leonard  
Jessica Mangrum  
Theresa Noyes  
Molly Powers  
Morgan Puckett  
Lisa Stolf  
Kristen Stuever  
Ursula Valle  
Karina Vielma

### Mark your Calendar!

It is that time of year again! Our TST Members Annual Meeting will take place on Saturday, September 12th at 6 pm at Joe's Crab Shack on Riverside Drive. Come out and have dinner and cake with us! We will hold elections for your new Board of Directors. If you would like to nominate yourself or another member please send an email to our current president, [Katie Carmona](#). Positions available are:

President  
Vice-President  
Secretary  
Treasurer  
Recruiting Director  
Planning Director  
Training Director  
Sponsorship and Marketing Director  
Merchandise Director

Look for the Evite coming soon! Please try to respond by September 9th. If you do not receive an Evite, please send an email to [tstsocial@gmail.com](mailto:tstsocial@gmail.com).

Don't forget our club runs every Tuesday at 5:30 p.m. (RunTex - Lake Austin store) and Saturday morning at 7:00 a.m. (locations vary - please check the [TST members-only forum calendar](#)). The forum is a great place to look for a running buddy for the rest of the week or find answers to a variety of questions.

Twenty-Six Two is always looking for new ways to serve our members. If you've got ideas for articles, events, fundraising opportunities, or new long-run routes, let us know! The easiest way to contact any of the club officers or directors is via the e-mail links on the ["Board and Members"](#) page on our website.

As our coach always says, "stay healthy!"

**Sincerely,**  
Newsletter Staff  
Twenty-Six Two  
Marathon Club

## New Gear

We have placed the order for the new TST singlets. If you ordered one, they should be arriving around September 26th. There were extra ordered of the singlets and short-sleeved shirts, so if you missed out on reserving one, we may have your size. Send an email to [Diane Sager](#) for more information.

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